

# Cajun Crab Stuffed Summer Flounder Over Spring Vegetable Risotto

Yield 4 Servings

Cajun Crab Stuffed Summer Flounder Ingredients:

2 lbs	Summer Flounder
1 cup	Crab meat drained, flaked and cartilage removed
4 each	Saltine crackers, crushed
1 tablespoon	Red bell pepper, finely chopped
¼ teaspoon	Dry mustard
¼ teaspoon	Salt
¼ teaspoon	Worcestershire sauce
¼ teaspoon	White pepper
1	Egg white
1 tablespoon	Mayonnaise
¼ cup	Butter, melted
1 tablespoon	Cajun seasoning

Directions:

Drain the crab meat and place in a bowl. Flake with your hands feeling for any cartilage or shells, remove as necessary. Add crushed crackers, bell pepper, mustard, salt, pepper, worcestershire sauce, mayonnaise, egg white and melted butter. Mix together to combine.

Season flounder filets with cajun seasoning, add 2 tablespoons of stuffing to the middle of the seasoned filet and roll. Place in a buttered baking dish seam side down. Pour any remaining melted butter over filets.

Preheat the oven to 350°F and bake fish for 20-25 minutes or until the internal temperature has reached 140°F. Serve over risotto with a slice of lemon

### Spring Vegetable Risotto Ingredients:

3 cups	Vegetable stock
1 Tablespoon	Extra virgin olive oil
1 medium	Shallot, minced
2 cloves	Garlic, minced
1 cup	Arborio rice
½ cup	Dry white wine
¼ cup	Parmesan cheese, grated
½ cup	Mascarpone cheese
1 teaspoon	Lemon zest
1 teaspoon	Lemon juice
1 cup	Fresh or frozen peas
1/2 cup	Yellow squash, small diced
1/2 cup	Zucchini squash, small diced

### Directions:

1. In a medium saucepan bring the vegetable stock to a simmer over low heat.
2. In a large saute pan, heat the olive oil over medium heat. Add in the shallots and garlic and saute until fragrant and translucent. Add in the rice and stir to coat. Toast the rice in the pan for about 1 minute or until you smell a nutty aroma.
3. Add the wine and stir into the rice until absorbed. Add a 4oz ladle of stock into the rice and stir until it's absorbed. Continue this process until the rice is cooked.
4. When the risotto is just about done add in the peas, squash, and zucchini.
5. When the risotto is done stir in the mascarpone, parmesan, lemon zest and juice.
6. Serve immediately